ALL THE

LATEST Interesting for Women

USEFUL HINTS FOR THE HOUSEWIFE



W HY have you "pimples," my dear maiden? Why. malden? Why is your skin "thick and dull"? Why sallow as a lemon or tingo"? "with a blue

I will tell you. Because, first, you have never taken proper care of your health and next because you have never learned to wash your face proper-ly.

Wash my face properly!" cried some girl who is famed for her neatness and deservedly so up to a point I wash my face every day. Three times-six!'

Maybe so, but since your complexion is marred by some one of the defects which assail neglectful youth it is plain you have left something un-done. You do not use good soap. perhaps, and very hot water, both of mouth, put it on the material and if which are necessary to clean pores the dampness shows on the opposite properly, for all local trouble begins side at the same time, the goods is useful steam bath, whose occasional use is absolutely necessary to invigorate and cleanse. You eat piles of candy instead of wholesome food and drink doctored sodas instead of the right quantities of pure water. You study too hard, neglect exercise unacquainted with the life-giving vinegar and brush all over it very properties of fresh air.

The skin is like the stomach, it must be fed, washed, aired and put to bed, as it were, under restful conditions. Anything that disturbs the stomach will mar the complexion; anything good for the stomach is good for the skin of the face, for every inch of skin on the human body. So begin with a wholesome diet, reg.

tive in caring for linoleum, painted ular exercise, baths and the rest or hardwood floors, etc. Although the necessary. It is far easier to pass mental examinations with a body poised by the right regiment than it is to cram the mind every moment and stand up a bewildered and disfigured girl on the important day.

The most noble mind is affected by disordered skin and a disordered skin is only another phrase for disordered habits.

As to nourishing foods, one girl may need one thing and one another, but chicken and rice, saiads, fruit and milk are accepted beautifiers the world over. A daily diet of sweet, juicy oranges is superb, these acting directly upon the liver and often doing away with the need of laxatives. For the bowels must be kept free even if it is necessary sometimes to take a course of calomel or castor oil. Gentler iaxatives, and ones that may water down the drain, following it with plenty of warm water, so as to remove every vestige of slime, soap or grease.

HOUSEWIFE who turns off iasty little breakfast omelets has one that is her own invention. She cuts a quarter of a red pepper into dice and mixes them and two or three tablespoonfuls of minced boiled ham As to nourishing foods, one girl may Gentler inxatives, and ones that may tablespoonfuls of minced boiled ham be relied upon if used when neces- with five slightly beaten eggs and senna stewed together.

A pleasant, and girlish way, to take A pleasant, and girled way, to take the licorice, is to buy it in stick form, crack it up and eat a good big chunk on going to bed. For those who like the toothsome root, this precaution to the toothsome root, the precaution is the control of the



N purchasing a piece of linen, if in come out quite easily and with little doubt about the material being trouble. genuine, dampen a finger in the

with dirty pores. You neglect the linen. Cotton fabrics are slower to absorb moistures. The rule is infalli-

surprised to see how dirty the vine-gar becomes. When dry the paper will be fresh and clean as if newly

a broom and moistened thoroughly with kerosene, it will be found effect

DIRTY sink pipe or the waste A pipe of a lavatory basin will often become clogged. In this case take a handful each of salt and soda, and, after mixing the two, put as much as possible down the pipe Leave for about half an hour, then pour a couple of quarts of boiling water down the drain, following it with plenty of warm water, so as to

sary, are sarsaparilla, rhubarb, lico-then bakes it in the omelet pan as rice and water, senna tea or figs and usual. For every egg she uses a tablespoonful of hot water in the mix-

THE APPLE PARTY

Now that apples are so plentiful crepe paper apples, each containing all the familiar old fashioned an amusing fortune, are to be sus-apple games may be revived for pended from the branches.

bobbing for apples. nn "apple revel"—bobbing for apples, biting apples suspended from strings in the doorway, and fortunes told by apples, representing the world, and each guest apple peelings thrown around the head or apple seeds laid upon the eyelids. Future destinies may be re-explicitly apples, representing the world, and each guest the bottom of the ordinary round dish pan. It is set in the sink and the dish pan rests on it and in this way lie, as it is the worst form of bad because the continents of North and South America on an eyelids. Future destinies may be re-explicitly apples, representing the world pan. It is set in the sink and the dish pan rests on it and in this way lie, as it is the worst form of bad because the continents of North and South America on an eyelids. Future destinies may be re-explicitly apples, representing the world pan. It is set in the sink and the dish pan rests on it and in this way lie, as it is the worst form of bad because the continents of the bottom of the ordinary round dish pan. It is set in the sink and the pan. It is set in the sink and the dish pan rests on it and in the world. It is set in the sink and the pan let is the worst form of bad because the continents of the bottom of the ordinary round dish pan. It is set in the sink and the pan. It is set in the sink and the pan let is the worst form of bad because the pan let is the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing the world water is allowed to run free, a thing vealed by a "Tree of Knowledge" on skin. A prize may also be promised the refreshment table, the tree conto the guest who can pare the thinsisting of a symmetrical bush held nest apple peeling in the shortest table to receive hot generally unfit for the society of the prize table to receive held nest apple peeling in the shortest table to receive hot generally unfit for the society of the prize table. The same of the society of the shortest table to receive hot generally unfit for the society of upright in a jar of damp sand. They space of time

For another simple little

the table

COURTEOUS CHILDREN

BY MRS. McCLURE.

COURTEOUS gentleness to A cial inferiors, such as served is the sign manual of breedly Therefore exact from the child a gentle deference for their feelings. In must be told to say "Please" who asking for a thing at table, told a serve "Thank you" when it is the serve "Thank you "Thank you" when it is the serve "Thank you" when it is the serve "Thank you "Thank you" when it is the serv say "Thank you" when it is give south are noted especially for mar of politeness and I am glad to be ab to tell you that a deal of the training come through the need of being polite to one's black nurse. The defie tion is not treated with spanking for the black nurse has no right spank She only says, perhaps with the sorrowful dignity that is mor biting than a dozen switches, seems terrible Ah got to be sham

of de chile Ah done bring up!" south who taught imperative obediwill, who inculcated love for them who insisted upon every little shad of the ordinary behavior which stand for broeding. A good deal depend upon the character and bringing u of the nursemaid into whose hand a young child has been intrusted.

The primer for the general behavi

or children contains rules so obvious that the average mother can only a sent their repetition. Nevertheles for a few who might care to freshe up their book let us touch upon then To talk in a child's presence of its gifts or looks is to pave the way to vanity and arrogance. The slighte impertinence to superiors should promptly and firmly checked.

"But who are my child's superiors?" some one thinks, indignantly 1 will tell you. They are his father ar mother, his grandparents, his uncli and aunts, his teachers, all brother sisters and schoolmates who are old and wiser than himself. He mu men or women or girls four yet older than himself. He must ne remain seated when an old person standing or be other than helpf willing and gracious with age
It is no longer the fashion to

"Yes, ma'am," when a mother grandmother speaks, but the re must still be as deferential, mother," "Yes, grandmother," way the reply should be put; when a lady is introduced her i should be respectfully repeated as I child gives his hand. Thus, "M Brown," this single utterance dell ered with a mark of pleasure making the lady's acquaintance.

No forward child should be allow

OMEN slightly above the average height, who find that the ordinary kitchen sink is set. If he enters the room without into the standing until asked to seat him to the average height, who find that the ordinary kitchen sink is set. tion for some reason which seems at their dishwashing, vegetable cleanhim say at the ing, etc., will find a new and most practical article in the shops that will help them greatly and allow of their standing perfectly upright at sink work. This new convenience is a round and very strong stand made of heavy crossed wires and having wire feet. It is made to fit in the regular sized sink and also to perfectly fit the bottom of the ordinary round dish he bottom of the ordinary round dish hand.

on the kitchen table to receive hot generally unfit for the society of his kattles, pans, etc., that might burn fellow pupils. In the end he gets the worst of things every time.

